

TRENT DIMAS AND BETTY OKENO WIN THE 1991 MCDONALD'S AMERICAN CUP

USA GYMNASTICS

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- This competition found a new rhythmic champion - Chesty Neumann. Neumann won the all-around title while competing as a senior for the first time.

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Cover photo by Diane Black
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The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. It is a non-profit organization, the USGF selects, trains and administers the USA Olympic Team, including the USA Olympic Gymnastics Team, Contingent and Supportive Athlete programs and all its Associate (USA) and (USA Olympic) U.S.

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WORLD'S GYMNASTICS FANS BUYING TICKETS FOR INDY

Gymnastics fans as far away as New Zealand and China have purchased tickets to the 1991 World Gymnastics Championships in Indianapolis, September 6-13.

"We've received orders from almost every state in the union, and from several countries including Japan, Australia, Canada, Mexico and Switzerland," said Joseph L. Claypool, executive director of the 91/WGC. "Approximately 20 percent of the seats in the Heser-Dunn's premium lower-level section have been sold," he said.

Tickets can be purchased in all-season Gold, Silver and Reserve packages. Single-season tickets will not go on sale until June. Tickets are selling quickly so make sure you aren't sitting at home, with chalk dust on your hands while this historic event happens in your own backyard! Call:

DON'T TAKE THE TOWELS...

Tickets aren't the only thing selling quickly. Hundreds of hotel rooms for gymnastics fans are being sold as well. At press time, the Embassy Suites hotel's fan block in downtown Indianapolis has sold out and the downtown Hilton Hotel isn't far behind.

"The hotels assigned to gymnastics fans have filled quite rapidly." The 91/WGC organizing committee is working with the Indianapolis Convention & Visitors Association to expand the fan's housing choice by negotiating with other hotels at the Indianapolis airport, said Dale Brown, vice-president of operations.

Brown said the first-class hotels near the airport are only 8 miles away from the competition venue and about a 10 minute car ride. "We're working on a transportation plan that will provide a shuttle service for those fans who don't have their own transportation," Brown said.

For more information on hotels, assistance with travel arrangements or for information on special travel discounts, contact the official travel agency of the 91/WGC.

Tickets and Travel
1089 N. Meridian St.,
Suite 155
Indianapolis, IN 46224
800-876-6497 or
317-633-6406
FAX: 317-633-6402
(Ask for Karin or Jeff)

THE ROAD TO INDY: NOT NECESSARILY DIRECT

The nation's top gymnasts will compete for six spots on the 1991 World Gymnastics team, but getting there isn't going to be easy.

For women at the senior national level, qualification begins at the regional level, then moves to one of the two Classic meets, culminating at the U.S. National Championships in Cincinnati, June 6-9. The top 14 finishers from Championships will be invited to attend the women's World Gymnastics Trials in Indianapolis, August 23-

24. Six gymnasts and one alternate for the World Championships team will be selected at the trials. Those seven are determined by the following formula:

30% of score from U.S. Championships
+ 70% score from Trials = World Championships Team Member

The U.S. men have a less complicated route. Senior Eric Reginals qualify the gymnasts to the U.S. Championships and the top seven finishers at the U.S. Championships will make up the World Championships team of six gymnasts and one alternate.

PLAY IT AGAIN, INDUDINI

Fans, gymnasts and coaches attending the 1991 World Gymnastics Championships will be dancing to a different drummer. A new song called "Share the Magic," a spirited, up-beat tune has been created by Gary James Productions, Indianapolis.

"It was appropriate that this world-class event has a theme song that lives up to the same standard," said Connie Israel, vice-president of administration. According to Israel, the song will be used in pre-event promotion, television production and will be heard during the competition. "The song will be incorporated into the awards ceremony as well," said Israel.

"We are very pleased we can pull together the talents of musicians, singers, composers and arrangers in the Indianapolis area to produce this wonderful piece of music," she said.

"Share the Magic" doubles as the event's theme.



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1991 WORLD GYMNASTICS CHAMPIONSHIPS
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GYMNASTICS

UPDATE

IN THE NEWS

ERICA STOKES STARS IN MINUTE MAID COMMERCIAL

The newest advertising campaign for Minute Maid promotes an Olympic fund-raising program and stars gymnastics own, Erica Stokes.

Stokes, 14, trains at Karolyi Gymnastics in Houston, Texas with coaches Bela and Martha Karolyi. She is currently ranked fourth on the U.S. Senior National Team and won the Cup of Athens in 1990.

Stokes was selected because of the "fire in her eye," says Steve Yung, director of marketing for Minute Maid. "We're putting 100% of our marketing dollars behind this idea, to bring attention to the Olympics," he added.

Stokes plays Lisa on the commercial, a gymnast



whose parents can't afford to continue her training. "We spent a week filming the commercial in California," Stokes said. "It was exciting and fun to do."

As part of its two-year campaign, Minute Maid

gave the U.S. Olympic Committee \$1 million on February 13. The next commercial in the series will focus on the U.S. Olympic Training Center in Colorado Springs.

ATTENTION STATE, REGIONAL, AGE GROUP AND ELITE DEVELOPMENT DIRECTORS

The annual Results Section for the 1990-1991 season will be published in the September/October '91 issue of USA Gymnastics magazine.

All State, Regional, Age Group and Elite Development Directors should forward results to USA Gymnastics no later than July 1, 1991.

Submit results from State Competitions, Regional Competitions, Large Invitational Competitions, NCAA Competitions and other major gymnastics events from the 1990-1991 season.

Please use the following format when submitting results: 1) Name of Competition, 2) City and State where event was held; 3) Date of Competition; 4) Winning Team in each level; 5) Top three all-around winners in each level and their club or school; and 6) Winner of each event in each level and their club or school.

Send results to USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

T R I V I A

Who was credited as being the first gymnast in the world to do a back salto on the balance beam?

Eileen Berger, president of the women's technical committee, recently announced that former U.S. Olympian Nancy Thivies Marshall and Olga Korbut have both been named the first gymnasts in the world to create the back salto on balance beam.

Marshall is currently serving as Administrative Advisor to the USGF Athlete's Council as well as member-at-large on the Executive Committee.

QUESTION

CORRECTION

REGION II TEAM WINS JUNIOR TEAM TITLE

The Level 9 Eastern and Western Championships article, which was reported in the January/February 1991 issue, contained an error. The Junior Team title was won by the Region II Team. USA GYMNASTICS regrets the mistake and would like to personally congratulate the Region II Team!

GYMNASTICS UPDATE

INTERNATIONAL

Liu Ning is remembered by many as the most successful gymnast China ever produced. He won three gold medals at the 1984 Olympic Games in Los Angeles, Calif.

Liu, 27, is now retired from gymnastics but his name appears on a line of sports wear and he is seen nightly in television commercials in China.

Billboards for Liu Ning, sportswear.com, are widely used in China. Characters for Liu Ning have become a status symbol among young people in China. Liu also holds a board member position for the company's subsidiary garment business.

In addition, China's television viewers can see him perform regularly on the personnel horse in Acrobatics for the largest soft drink producer in China, Jianlibao. This company's 1988 sales have been estimated at \$75 million and 11,000 workers as a special consultant for Jianlibao.

All this publicity on the U.S. popular entertainment market-one is really personal, built out in China, "I have enough to buy stamp and a television, but not enough to buy a car," he said. Most of China's 1 billion people are relatively poor; there (so far) the country's socialist system flourishes on a spiritual basis.



GYMNASTICS LOSES GREAT GYMNAST AND COACH IVA BOSAKOVA

One of Czechoslovakia's most well known gymnasts, Iva Bosakova, passed away on January 10th due to a heart attack. Iva, who was nearly 60 years old, competed in four Olympic Games and ten World Championships in her long and distinguished gymnastics career.

She participated in the 1960 Olympic Games, was the silver medalist all-around at the 1964 World Championships, silver medalist on beam in the 1966 Olympics, silver medalist all-around in the

- 1968 World Championships, gold medalist on beam in the 1968 Olympics and gold medalist on beam in the 1972 Olympics, at age 31.

After Iva's competitive years were completed she went on to coach—and made her mark in coaching as well. Iva coached Vera Caslavská, the 1964 and 1968 Olympic Champion from Czechoslovakia. The gymnastics community will miss Iva and will remember her great contributions to our sport!

TECHNIQUE MAGAZINE NOW ACCEPTING ADVERTISING

The United States Gymnastics Federation's, Technique magazine, is now accepting advertising. If you would like more information about advertising in Technique write to:

United States Gymnastics Federation, Technique Production Coordinator, Pan American Plaza
201 S. Capitol Ave.
Suite 300
Indianapolis, IN 46225
or call (317) 237-3850.



GYMNASTICS

UPDATE

OLGA KORBUT MAKES HOME IN U.S.

Olga Korbut, the greatest gymnast who has ever lived, has come to America to make her home. She is now married to Dr. Michael Suter, a Chicago orthopedic surgeon. All three members of the Korbut family—Olga, Michael, and their son, Michael Jr.—have moved to the United States from the Soviet Union. Olga's husband, Michael, is a native of Russia, but he was born in the United States. Michael's father, Dr. Alexander Korbut, was a famous Russian physician who emigrated to the United States in 1920. Michael's mother, Olga, was born in Moscow, Russia, and she and her parents moved to the United States in 1936. Michael's wife, Molly, is also a native of Russia, but she was born in the United States in 1958. Michael and Molly have two sons, Michael Jr. and Alexander, and a daughter, Anna.



Olga Korbut, a Polish gymnast, Academy director, and coach, with her son Michael Jr. and daughter Anna. Michael is a podiatrist in Chicago.

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MARRIAGES

WES SUTER MARRIED

Wes Suter, a member of the 1988 Olympic Team, was married to Molly Louise Curnett on September 1, 1990. Both were graduates of the University of Nebraska-Lincoln.



Molly is currently a marketing representative. Wes is modeling and working full time as an analytical project manager for Hanes Laboratories in Nebraska.

Molly and Wes' gymnasts included 1988 Olympians Tom Schlesinger and Kevin Davis; 1984 Olympian Jim Mikus; and Dale Denbow, Wes' high school coach.

PHIL CAHOY MARRIED

Phil Cahoy, eight year member of the U.S. National Team from 1977-1985, married Patricia J. Quinley. The newlyweds reside in Madison, Wisconsin, where Phil is an orthopedic resident and Patricia is a pharmacist.



Phil, a University of Nebraska graduate, was a member of the 1980 Olympic Team, member of the World Games Team in 1978, 1981, 1983 and 1985; NCAA Champion on Parallel Bars in 1980 and High Bar in 1981; and 10-time All-American.

TRAGEDY HITS UNITED STATES OLYMPIC COMMITTEE

The United States Gymnastics Federation is deeply saddened by the tragedy that occurred on Sunday, March 3, when three members of the Olympic Family died in a plane crash (United Airlines Flight #585) in Colorado Springs, Colo.

Dr. Peter J. Van Handel—Senior Sports Physiologist of the USOC

Dr. Andrew J. Komar—Sports Biomechanist for the USOC
Dan Birkhauser—Development Coach/Coordinator for the U.S. Cycling Federation

Our thoughts and prayers are with their families and friends.



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For ticket details and event schedules call 1-800-369-6363. www.olympics.com.



1991 WORLD GYMNASTICS
CHAMPIONSHIPS
INDIANAPOLIS, SEPTEMBER 8-15



BY RICHARD R. YOUNG, ESQ.

CONFESIONS OF A GYMNASTICS FATHER PART II

Dear Mr. Peterson,

I last wrote you three years ago when my daughter, the gymnast, was nine. ("Confessions of a Gymnastics Father," USA Gymnastics, Vol. 17, No. 3) Your sound advice in reply to my confessed addiction to watching my daughter perform gymnastics has guided my course as a gymnastics father ever since. Whether it is with tears of joy in my eyes as my daughter mounts the victory platform, or from the depths of despair as the dismounts fail to the声 of her pants, I can always remember your parting words:

Remember Richard, the most successful athletes are orphans; particularly those who have their own chauffeurs. Since I presume that you are not willing to make that sacrifice for your daughter, the best thing you can do is to stand back, let her enjoy herself, let her learn from her own mistakes, be there if she needs you, and, in the meantime, try to pretend during meets that she is someone else's daughter and otherwise generally "chill out."

Whether I have succeeded in either "cowering" or "chilling" while watching gymnastics meets is the subject of some debate around our house. One thing is certain—I have mastered a lot as a gymnastics father in the last three years.

I still stick out like a sore thumb in a world dominated by gymnastics mothers, but I have developed techniques to cope with the situation. I used to not have a clue what all the various tricks were called. After many hours of studying Russian in night school, I can now pronounce all of their names perfectly, although I still have trouble telling them apart. I no longer simply admit that my daughter is point her toes; now I have learned to tell her to keep her knees straight while she is doing it. I have even developed a fool-proof technique for watching beam. Before, every wobble and fall would cause one profanity or another to uncontrollably leap from my lips, only to be forever recorded for posterity on my answering machine. When showing my gymnastics home videos to friends and neighbors, I frequently had to pretend that the audio was broken or disclose a PG-13 rating in advance. I tried everything from not watching beam at all, to just watching but actually peeking, to watch-

ing through the fingers on one hand while holding the other hand over my mouth. The solution I have found that has allowed me to teach beam in silence, and which I am sure will be a blessing to gymnastics parents everywhere, is ingeniously simple—**HOLD YOUR BREATH!** A beam routine only lasts 70 seconds. You can easily hold your breath through the whole thing. If for some reason your daughter still is not finished at the end of 70 seconds, the beam timer is nice enough to ring a bell or call "time" to remind you to start breathing again before you pass out.

Another technique I have learned is to empty my hands before my daughter performs. No more inadvertently throwing food into the air when I start to rock and rotate as my daughter does a double back or more digging my fingers into the shoulders of the poor woman in front of me as I reach out to catch a release move. I even got a tripod for my camcorder so that I don't have to touch it during routines. It made such a difference in steadyng the pictures in my videos that my wife no longer has to pass out any sickness bags before I start the replays.

One of the hardest things to adjust to as my daughter has grown older and bigger is that her meets are almost all out-of-state. I feel so foolish (and broken) if I fly all over with her, leaving my wife and sons at home to maintain some normality in our family. If I don't go to the meets, I never get to hear enough of the details to satisfy my addiction. It always seems like when my daughter calls, we are on different wavelengths. I have been waiting all day to hear how she did; she is starving and wants to go out to dinner with her friends. One trip last spring, I had the opportunity to sit in on the other side of that conversation. We were all in the hotel getting ready to go eat after the meet when the phone

sing, I knew it wasn't my wife because I had called her five times earlier in the evening with updates after every event and the awards presentation. It was, in fact, the parents of one of the other girls. After she spent about 15 minutes telling her parents everyone's scores and placements, the conversation on our end went something like this:

Fine mom. Fine mom. Hi dad. Fine mom. We have to go eat now. My ankle is fine. My wrist is fine, too. Fine mom. We're really having to go eat now. She's fine. She's fine, too. I love you. (It was a nice try to end the conversation, and we all had our hopes up, but it didn't work.) Sure mom. The other kids are really hungry mom. It was fine. Sure mom. I can't go through every routine right now mom, but Mr. Aardvark videotaped the whole thing and he'll give you a copy when he gets back. Sure mom, I know, but I think he got a tripod for his camcorder. (Her mother had seen my videos before.) Fine mom. I will. I think I hear the fire alarm. I will. I will. I love you, too. Bye dad.

As she hung up the phone and headed to the door, I was taken by how courteous she had been under the pressure of the situation. It also dawned on me that I had put my daughter in that situation a time or two. It was about then that my daughter gently squeezed my hand and gave me a sweet smile just in case I had missed the point.

To burn off my nervous energy at out-of-town meets, I busy myself with all sorts of logistical tasks. I drive back and forth to the meet site to be sure that I know how long it will take together, I count the city or sub shops (my daughter's favorite food); and, of course, I am the designated chauffeur just in case. I always carry at least two ice bags on my person at all times. Sometimes it gets a

little wet and messy, but it's always best to be prepared.

As you might guess from my reference to ice bags, at this level, injuries are a part of gymnastics. If God had meant for people to do the kinds of things that gymnasts do, He would have given us prehistoric tools and suction cups for life vests. I have spent enough money on trips to the orthopedist and physical

winter, the Cartwheel-A-Then in the spring, and car washes in the summer. Program advertising, raffle tickets, balloons, membership, gym bags, pins—you name it, we've sold it. My daughter has become so good at it that she has her own list of regular customers, and has already been offered jobs by a car dealer and an insurance agent.

Although through hard work and good fortune several of my daughter's lifelong gymnastics goals have been fulfilled (she became an Elite and later made the National team), her grassroots gymnastics challenge still lies ahead of her. So, it's not the Olympics, it's puberty! All of the curves that make a girl a woman and make a woman beautiful seem to be pretty much of a nuisance on gymnastics apparatus.

I am sure of nothing. My daughter's training as a gymnast will serve her well in dealing with life's challenges. Like, like gymnastics, is sometimes hard and not always fair. The future holds both victories and defeats. There will always be pressure. In dealing with life, my daughter will have the lessons that gymnastics has taught her to fall back on. In my case, on more than one occasion, I have been able to build my courage and calm a fit of nerves by reminding myself that whatever lies ahead, it cannot be as bad as watching my daughter on beam.

I am sure that gymnastics has its own set of "Murphy's Laws." One of them must be "The better you become, the more expensive it gets for parents." My daughter has enough frequent flyer miles that she has promised to use them to take the family for a vacation in Hawaii (she has yet to take time off from the gym). To make ends meet, all of us have become experts at booster club fundraising. It's Gold C Books in the fall, Christmas wreaths in the

winter, the Cartwheel-A-Then in the spring, and car washes in the summer. Program advertising, raffle tickets, balloons, membership, gym bags, pins—you name it, we've sold it. My daughter has become so good at it that she has her own list of regular customers, and has already been offered jobs by a car dealer and an insurance agent.

At your suggestion, the other gymnastics mothers and I have taken up bowling to make sure that all of our competitive juices are not channeled through our children. My daughter came to watch once, she told me "point your toes down and try to keep your knees straight too." (Somehow it never occurred to me to tell her how much I appreciated her interest and helpful advice.)

Very truly, your friend,
Richard Aardvark

SPECIALISTS IN MEN'S GYMNASISTICS

BY PAUL WILEY TO

Gymnastics club enrollment has been quite high through the 1980's. The number of students entering college with gymnastics in their background is higher than it has ever been. The number of people willing to give something back to gymnastics professionally, as a coach

cuts follow, sadly, because athletics is driven from above, by alumni, and not from below, by student and community interest. Furthermore, I would venture that the same process is about to deplete our supply of willing coaches and judges, and so harm the U.S. program in the long run. Involvement of gymnastics in college-aged students is shrinking, and the pool of potential coaches and judges is shrinking with it. Changes need to be made now to make gymnastics a high participation sport through the formative years into adulthood. Part of the solution is to return to a large team format which allows many specialists. This part of the solution would also have many benefits that have nothing to do with high participation.

When I was an undergraduate, I was a high bar specialist, and not a very good one. That didn't

matter; I worked out, learned a lot about myself, and I was noticed onto a few meets. The result was a happy alumnus. There were many of us in those days, some good, some not so good, and many who were excellent. Specialists were generally students first and gymnasts second, and were able to do gymnastics because the training time for specialists was relatively low.

The NCAA Rules Committee put an end to that. A small team (one member) without declared all-around competitors cleared all the specialists out of the gym. Not that they were actively kicked out of the gym, rather, it simply became difficult for coaches to put together a team to compete 36 routines and still use any of the one or two event gymnasts. In our gym the number of specialists was close to 30. The changes were made with good intentions, the thinking was that all the



**GYMNASISTICS SUFFERS FROM ITS
PREOCCUPATION WITH THE TEAM SCORE
BECAUSE THE OUTCOME IS TOO CERTAIN.**

or judge, is also high. Yet, recent years have not been kind to college gymnastics. Teams have been cut from athletic budgets at an alarming rate, sometimes quite unexpectedly. I would argue that these cuts follow from structural changes in competitive gymnastics, which demand smaller teams and favor the all-around gymnast. These



specialists would start working more events, and the new all-around gymnasts would feed into our national program. It should have been foreseen that this would not happen. Specialists were, in part, making a choice about time allocation, and the new rules forced them to make an all-or-none decision, as across students, those choices had to be done.

I was struck recently by a football team picture. A tedious count led me to a guess of about 120 players on a typical team. Simple arithmetic told me why: gymnastics teams were being cut. Football was producing alumni at the rate of 40 per year, while gymnastics was producing two or three. After 10 years, a young football team would have 400 alumni to

call on for support. No gymnastics team could raise that many alums in 100 years. Those high numbers bring more revenue, not only because there are more contributors, but because the odds are increased for finding a genuine "sugar daddy." One of those major contributors who helps endow the team if sugar daddies were to occur among the

team alumni at a rate of 0.5 percent, the average young football team would have two of them. Men's gymnastics probably has two for all 40-odd schools that still have teams.

Many of the specialists I have just mentioned have gone on to contribute to the sport by coaching or judging. I was passionate enough to learn to identify all of the skills on events that I did not work, and went on to judge. Since then I have started coaching and helped keep a college club team alive for many years. There are many of us now, but as we burn out or cancel our activities (become responsible), we are not being replaced. Many of the students we see at the beginning of high school leave gymnastics before college, because there is no place for them. At that age, gymnastics is beginning to compete with other activities, and the emphasis on the all-around score is discouraging many who are showing progress only on one or two events. Gymnastics is not remaining a part of their passage into adulthood, and when they abandon it so early, they will not be there to give back to the sport later in life.

Both of these problems could be alleviated by both the USGF and the NCAA refining some of the competitive structure that reduces participation. The USGF could allow individuals to qualify for regionals and nationals on an event. Colleges could raise the team member limit to 12 or even 15. They could also expand the range of meet formats, so that Division I teams could easily take part in meets which count four scores

rather than five. Encouraging a large number of specialists on a team would help keep those who are being disaffected; for student the time commitment would not be as heavy, and when in college, they would be allowed to

important for their events, and in turn, teach them to others in the gym. It has always been valuable to have intersquad meets which pit the all-around gymnasts against the specialists, since it gave the "all-arounder" an incentive

- is too certain. It is the non-predictable return of the basketball game which gives it so much spectator appeal. A shift in emphasis to event scores and individual event winners could mitigate this problem.
- There were many schools in the 1970's who had terrible seasons from a win/loss standpoint, yet they could draw a home crowd for a meet to see a couple of their specialists win an event!

The question remains of whether such changes would be too little, too late, to stabilize college gymnastics. It may be that the sudden appearance of a high participation team in men's gymnastics might turn around a decision to cut a team. Whether colleges remain in the game or not, it might also be a good idea for our own national program to embrace specialists and high participation later in life, perhaps providing an alternative for the college-aged gymnasts who could give so much back later if they were kept interested.

Thanks to Tom Cade, Gene Wilson and Rich Taylor for contributing many of the ideas contained in this letter.



THE QUESTION REMAINS OF WHETHER SUCH CHANGES WOULD BE TOO LITTLE, TOO LATE, TO STABILIZE COLLEGE GYMNASTICS.

compete for their school and have a good team experience. It would also raise the numbers of college gymnastics alumni, so that when the athletic department's use comes it will fall on other lower participation sports.

Other benefits would follow such changes as rules. The first is that specialists make themselves valuable in the gym as coaches on their events. They spend more time on learning the skills that are

to learn the same important skills. Specialists also tend to be more creative on their events; they are the individuals who originate new skills and teach them to the all-around gymnasts. They are a resource that could be utilized much more effectively.

Another benefit which could result from such changes in rules involves spectator interest. Gymnastics suffers from its press captionists with the team score because the outcome

EDITOR'S NOTE

According to Robert Cowan, USGF Men's Program Administrator, "Effective with the 1992-1996 Age Group Program, specialists will be allowed and encouraged to participate at all levels."

If you have an opinion that you would like to share with USA GYMNASTICS' magazine, please write: Pan American Plaza, 200 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.



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In 1991 McDonald's International Mixed Pairs competition was held in Atlanta, Ga. This competition was the first major international event Atlanta has hosted since the city was named the site of the 1996 Olympic Games.

A record-crowd, for this event, turned out to show their support and enthusiasm for the U.S. and the sport of gymnastics. The Atlanta-area hotel accommodations were outstanding. From the luncheon featuring Billy Payne and the Atlanta Sports Council to the five hotel sites, Hyatt Regency Atlanta, to the Alexander Memorial Coliseum—every thing was first-rate!

This competition combines one male and one female gymnast together to form a pair. The female competes first on the event she chooses and the male follows, on the event of his choice (unless it was eliminated due to the size of the facility). The pair's scores are then added together and the highest scoring pair after round three is declared the winner.

Fifteen pairs began the competition in round one. The top eight pairs after round one were as follows: U.S.'s Betty Okano and Trent Dennis with 19.70; U.S.'s Kim Zmeskal and Chris Waller with 19.675; USSR's Ludmila Strelcova and Andrii Kan with 19.55; China's Zheng An and Qiao Liang with 19.55; Australia's Kyle Shadforth and Peter Hogan with 19.35; U.S.'s Debrajana Dawson and Switzerland's Daniel Grubelius also with 19.35; Italy's Chiara Ferriani and Alessandro Villagrandi with 19.325; and Spain's Sonia Fraguas and Miguel Rubio with 19.05.

The U.S.'s Shannon Miller and Pamela Linker were ninth place after round one, but only two U.S. pairs could advance to the finals. Sandy Whaley and Lance Ringold were seventh and Chelle Stack and Jay Thornton were eighth.

After round two, Zmeskal and Waller took the lead over their U.S. counterparts with a score of 38.435. Zmeskal scored a 9.90 on her impressive beam routine while Waller nailed his high bar routine, including the double double dis-

MCDONALD'S INTERNATIONAL MIXED PAIRS



ZMESKAL & WALLER WIN

MIXED PAIRS RESULTS

Kim Zmeskal / Chris Waller	USA	39.105
Zheng Xiu/Qiao Liang	CHN	38.325
Ludmila Strelcova/Andrii Kan	URS	38.175

mountion/9.85 Thumped out Okano's 9.90 beam and Dennis' 9.85 rings routine. Only one couple from the U.S. was allowed to advance to the third and final round, therefore, Zmeskal and Waller moved on to round three.

The gymnasts from China and the former Union were tied for second with a 19.55. Zhang's beam routine scored a 9.625 and Liang's parallel bars routine scored a 9.80. Strelcova did a unique full pirouette on high bar to a dismount. She also scored a 9.80 on bars. Kan earned a 9.35 on rings routine.

These three pairs from the U.S. clinched the Soviet Union advancement to round three.

The pair from China went first in round three. Zhang had floor (9.62) complete with a fall-in, back-out for her first pass, whip to double back for her middle pass and dismounted with a double back. Qiao did parallel bars for a score of 9.75. China's three round total was 58.325.

Next up was Strelcova on beam. She did a round off, flip flop, flip flop swing down mount, a flip flop, full twist, down and dismounted with a fall-in, back-out. She nearly fell on her dismount but saved it, scoring a 9.675. Her partner performed on parallel bars and used a unique double twist dismount, scoring 9.60. Total score for the Soviets—58.175.

The U.S. went last with Zmeskal on bars. "She hit the beam routine of her life," commented coach Bob Kavali. Zmeskal scored 9.90. It was all up to her partner and the pressure was intense. Waller did a superb rings routine for a 9.70 and clinched the U.S.-advantaged victory with a total of 59.105.

When asked what he was thinking before mounting the rings, Waller said, "Rings is an easy event for me I didn't feel pressure." He added, "I love winning, that's fun."

Zmeskal, winner of last year's McDonald's International Mixed Pairs with partner Lance Ringold, said, "It was a lot harder this year, especially after Betty and Trent did awesome routines."

Thanks to Atlanta for hosting such a great competition!

EVENT

RESULTS

NEW MEN'S JUNIOR OLYMPIC NATIONAL TEAM RANKING

Right is the new rank order of the junior Olympic National Team. There are no age divisions, as the ranking is based solely on Competition 1b optional scores. The competition was held during a February training camp in Colorado Springs, Colo.

The first 12 athletes will be invited to the 1991 U.S. Olympic Festival in Los Angeles, Calif., July 12-21.

Name	AA	Place
Drew Durkin	53.85	1
Stephen McCann	53.35	2
Jesse Chasten	53.30	3
Richard Grace	53.25	4
Jay Thornton	53.15	5
Aaron Coker	53.05	6
Brax Ton	53.05	7
JD Rose	51.95	8
Kerry Huston	51.80	9
Mark Sevier	51.75	10
Cassie Bryan	51.55	11
Tyler Vogl	51.25	12
Chris Tay	51.00	13
Matthew Rodman	50.50	14
Duane Holland	50.40	15
Gavin Satchwell	50.30	16
Lindsay Fung	47.90	17
Jeremy Hodder	47.40	18
Ivana Agusti	46.75	19
Sara Contreras	43.80	20

*Joan Ellis—Dominated due to injury during the training camp



Calgary Melodysport Inc. Vice-President of the U.S.A. Olympic Gymnastics Committee, Michael Melodysport, introduces the 1991 National Junior Olympic Cupping Committee. The 12 young participants are: Josephine Rodriguez, Leslie Stach, Elizabeth Chiodo, Jennifer Davies, Kim Zinkowski, Becca Rymer, and Lauren Zimmerman Wetherbee.

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The 16th annual McDonald's American Cup ended in a heavy medal quartet—that is the U.S. swept the gold and silver medals for both the men's and women's competition. The last time this occurred was in 1980 when Mary Lou Retton, Julianne McNamara, Peter Vidmar and Mitch Gaylord stood shoulder to shoulder on the awards platform.

This year, Betty Okino and Trent Dumas were the top finishers with Kim Zmeskal and Chris Waller in second. This foursome shared the spotlight in Orlando, Fla. on February 22-23.

MCDONALD'S AMERICAN CUP

SWEEP

WOMEN'S PRELIMINARIES

After Friday's preliminary competition, the U.S. women dominated the competition placing first through seventh and ninth in the rankings.

Preliminary standings found Zmeskal and Okino, both from Kardly's, in first and second. Shannon Miller from Dynamo's placed a close third, followed by Desert Devils' Sandy Woolsey in fourth and Hill's Angels' Domingue Downes in fifth. Kim Sung and Chelle Stach, both from Kardly's, were in sixth and seventh.

Australia's Kylie Shadbolt, who finished eighth, was the top foreign gymnast and the first Australian to ever make the finals at this event. Elisabeth Crandall from Desert Devils, competing fast on every event, finished ninth and China's Zhong Xia placed tenth.

Bela Kardly, coach of the top two finishers who would advance to finals, said, "Never in my lifetime have I seen eight Americans standing shoulder to shoulder and challenging each other. Tu-

night it was the night of American gymnastics."

Although all of the U.S. coaches predicted American success, many were surprised with the way they dominated.

Kardly commented on the relatively poor showing of gymnasts from traditional powerhouse countries such as the Soviet Union, Romania and Hungary by saying, "I hope that the results were an accident and not the real face of things." *(continued)*

BETTY WIND
SWINGS WITH
PERFECTION TO
WIN THE 1991
MCDONALD'S
AMERICAN CUP
TITLE.

of new, young kids being in a foreign country for the first time, and facing changes in their own countries."

Men's Preliminaries

During the men's preliminary round, the U.S. placed all four of its gymnasts in the top seven places. Dumas from Gold Cup Gymnastics and Waller from UCLA took first and third respectively, with the United Germany's Andreas Wecker in second.

Canada's powerful Curtis Hibbert took fourth while Patrick Kirksey from Nebraska finished fifth and the Soviet Union's Andrei Kan, who placed fifth in the 1990 Soviet National Championships, landed in sixth.

Gold Cup's Lance Ringwald finished a disappointing seventh due to a fall on his first event, pommel horse. However, he finished the competition with strong performances on the other events. Rounding out the top 10 were China's Zuo Lang, Spain's Miguel Rubio, and Switzerland's Daniel Gutiérrez.

Dumas and Waller, being the top two gymnasts from



Photo © AP/Wide World

Kim Zmeskal was bombarded with the media after scoring a 9.8 on her floor routine.

the U.S., advanced to the final round of competition. Both said that they achieved their first goal—to make the finals.

Women's Floor Women

More was up for grabs than just medals at this year's McDonald's American Cup. The International Gymnastics Federation recently approved the awarding of

money for pros at competitions. A total of \$38,000 was awarded. However, NCAA athletes, or those planning to enter collegiate gymnastics were not eligible to accept prize money.

The preliminary round of competition not only determined the top eight gymnasts to compete in finals, but also determined the individual event winners. Champions of each event earned \$3000.



Chris Waller shows his strength and flexibility with this reverse planche.

Ohno, 15, won vault with a 9.60? Yurchenko layout full. This long and low gymnast also won bars with a 9.62.

The petite Miller at 4'5" and 66 pounds, along with the powerful Zmeskal, ned for the gold medal on balance beam with scores of 9.60? Miller dismounts with an incredible round off, full, to back-out and Zmeskal has a new move in her routine—a back tuck, kickout, swing down.

Zmeskal, using her two-week-old floor routine, won this event with a 9.812.

Another outstanding performance was by Davis on floor exercise. Her routine was so interesting that NBC replayed it during Saturday's competition. Many asked ... "Are there springs in that little girl's legs?" "No, she trembles that way due to a lot of hard work and dedication," said coach Kelli Hill.

Dominique, 14, beginner floor with a roundoff, whip, whip, flip flop, double full twist punch front step-out, roundoff, two flip flops to double back. Her second pass is a piked full-in, back-out and her last pass is a piked double back. And, she does all this tumbling to the music "Jump Shoot Boopie." This was Dominique's first major international competition in the U.S. and she has her site's set on the '91 Worlds and the '92 Olympic Games.

Stock, an '88 Olympian, '89 World Championships team member and a veteran for the U.S. team at age 17, did a great Yurchenko layout full vault scoring a 9.60?

For the men, Ringwald won floor with a 9.75, tied for the gold on vault and high bar with his teammate Trent Dumas. Their scores were 9.70 and 9.75, respectively. Both gymnasts use a roundoff entry vault with a layout full twist.

Waller, 22, won his five-event pommel horse, with a 9.80. Andreas Wecker and Miguel Rubio tied for third.

rings with a 9.70 and the parallel bars event was won by Wecker with a 9.65.

Other top routines included Andrei Kurn's pommel horse (9.20), and his floor routine which included a triple twist, punch from. In addition, Curtis Hibbert's vault (9.60) and Waller, Hibbert and Kerlosky's high bar routines which all scored 9.70.



The Soviet Union's Liudmila Savchenko earned the bronze medal in the all-around.

Photo: Bill Winters

Photo: Bill Winters



Terry Dumas ties for the gold medal on high bar with teammate Lance Ringland.

The number 30 was significant this year's competition—there were two perfect 10's scored and it was Bela and Martha Karolyi's tenth year anniversary in the United States—and what a more fitting way to celebrate an anniversary than to have your gymnast again write the record book by surpassing the all-around record of 9.75, set by Nadia Comaneci in 1976. Betty Okino scored a 9.787, which included a perfect 10 on her Yurchenko layout full vault.

"This was my first 10 ever. You don't realize how exciting it is until you do it," said the elated Okino. On floor, Zmeskal also scored a 10,

making it the fifth perfect score that she's received.

"It was a good day and it started with Betty's vault and ended with Kim's floor. They both became mature, strong and confident gymnasts," said Karolyi.

With Okino's momentum from her perfect vault in full swing, she scored a 9.90 on bars, 9.93 on beam and a 9.95 on floor, to win the gold medal and \$3,000.

Zmeskal landed a 9.825

on vault, 9.85 on bars and a 9.787 on beam to go with her 10 on floor. This Texas-native won \$3,000 and the silver medal in the all-around with a score of 36.262.

The bronze medal went to the Soviet Union's Liudmila Savchenko with a 36.274. This 16-year-old is the 1989 beam and floor gold medalist at the Junior European Championships. Although she had an impressive beam routine with a roundoff, flip

flop mount, a flip flop, full twist, swing down and a full-in, back-out dismount, she overrotated her dismount and had to settle for a 9.087 on beam.

Fourth in the all-around went to France's Karine Boucher, while fifth was awarded to Australia's Kylie Shadforth. Spain's Sandra Paganas placed sixth and China's Zhang Xin and

continued on page 24

I N T E R N A T I O N

IT ALL CAME DOWN TO TENTHS

With a team score of nearly 200 points, losing by two tenths of one point makes losing that much more distressing. Oh, those maddening decimal points!

This is exactly what happened to the U.S. team in their dual competition with Romania, presented by Texaco, at the Hofheinz Pavilion in Houston, Texas. The final score was 197.277 for the Romanians to 196.868 for the U.S.

In simple gymnastics terms—a wobble on beam or two steps on a dismount—cost the U.S. the team title. Coach Bela Karolyi said, "Losing by .209 of a point to the former world champions means the young U.S. team has arrived. A couple of mistakes cost the title, but they are things that are correctable."

Octavian Bobu, the Romanian coach, said, "It was not a surprise to us to find a very strong American team. We think the United States is now one of the powerhouses in women's world gymnastics."

The U.S. team didn't go home completely empty-handed—Houston's own Kim Zmeskal, 15, won the all-around title with a 39.748.

Zmeskal dazzled the judges and crowd, especially on floor, where she added a fourth whip back to her middle pass. Now Zmeskal's number begins with a full-in, back-out, finishes with a double back and sandwiched in be-



USA-RO

L C H A L L E N G E



tween is a round off, four whip backs, flip flop, double back.

"This meet shows we're close to the Romanians and they're second best in the world," said Zmeskal. "We still have a chance to catch them."

The all-around champion, from Karsiy'a in Houston, Texas, just continued her dominance with scores of 9.90 plus. On vault, her Yurchenko layout full scored a 9.93. Generally bars is her weakest event, but at this competition she was the bar champion with a 9.916. Zmeskal scored 9.83 on beam and tied for first on floor with Romania's Cristina Bontea. Both gymnasts scored a 9.96.

After Zmeskal's flawless floor exercise routine the crowd, led by team captain Mary Lou Retton, began chanting "10, 10, 10." However, to the dismay of the Houston crowd, the judges awarded the routine a 9.98.

Romania's Eugenia Popa, coached by Octavian Belu, earned the silver medal in the all-around with a score of 39.499. This 17-year-old scored a 9.85 on her Yurchenko layout full vault. Popa, who was one of the last gymnasts to do two quick release moves on bars, scored a 9.883. On the beam, she earned a 9.90 and a 9.866 on floor. Popa begins her floor routine with an impressive double back, punch front! Her middle pass is a double full, punch front and she ends with a double back. Popa visits member

Left Kim Zmeskal defeated Romania's best for the gold medal in the all-around



Eugenio Popa earned the silver medal in the all-around

Photo: AP/Wide World

ROMANIA

of the second place Romanian team at the 1989 World Championships and finished 13th in the all-around at that event. The Bucharest native is considered the "pioneer" on the Romanian team, but there was no joking about Pop's performances!

There was a tie for the bronze medal between the U.S.'s Hilary Grivich from Karolyi's and Shannon Miller from Dynamic Gymnastics of Oklahoma. Both gymnasts scored a 9.482 in the all-around.

Grivich, 13, is the current Junior National Champion in the U.S. and certainly proved she could compete with the seniors. She scored a 9.916 on vault using

"THIS NIGHT GRIVICH WAS THE ONE WHO REALLY CAME OUT OF THE WOODS TO SHOW HER REAL QUALITIES."

a Yurchenko layout full. On bars she earned a 9.833, beam a 9.81 and floor a 9.833. The Huntsville, Texas native has the more defined and muscular legs of anyone on the floor—and she uses that power to her advantage.

Coach Karolyi said, "This night she [Grivich] was the one who really came out of the woods to show her real qualities."



Hilary Grivich, with her aggressive performances tied for the bronze medal.

Shannon Miller's beam routine is loaded with difficulty.

Grivich has to travel one hour to practice and one hour home six days a week to get to gymnastics practice, but after a competition like this one, it's probably all worth it!

Shannon Miller, coached by Steve Nunez, is another U.S. star. Miller, 14, is more quiet and reserved than her U.S. teammate Grivich, but no less aggressive in her gymnastics pursuit.

Miller also uses a Yurchenko layout full vault and earned a 9.783, her lowest mark of the competition. On bars, dismounting with a full-in, back-out flyaway, Miller scored a 9.886. She earned a 9.85 on her favorite event, beam, to tie Bontea for the top score. On floor, Miller was the only U.S. gymnast to dismount with a full-in, back-out and tallied a 9.883.

Miller recently competed in the McDonald's American up-and-coming third all-around in the preliminary competition behind Betty Okano and Kim Zmeskal.

Okano was unable to compete in the USA-Romania dual competition because she pulled a hamstring in practice the week before competition. "Betty could have added a couple of points in the all-around score," said Karolyi.

Another surprise came when Romania's Cristina Bontea fell off bars scoring only a 9.35. This ruined her chance for an all-around medal. Bontea, who placed fourth at the 1989 World Championships, scored a 9.916 on vault, 9.85 on beam and a 9.906 on floor. This 17-year-old said before the competition that she felt a great deal of pressure to

L G H A L L E N G E



Courtesy of AGF

every the same. It seems the pressure was too great for Romania's top gymnast and she made a mistake. Bordea placed seventh in the all-around just below her teammates Gabriela Agache and Isabela Lazarus, who placed fifth and ninth in the all-around.

The U.S.'s Kim String, 13, finished eighth with a 39.015. The Karsly gymn-

From left to right:
Lacremioara Filip,
Gabriela Agache,
Eugenia Popa,
Christina Bordea,
Maria Neculita
and Isabela Lazarus.

because both gymnasts were doing so well before this event. Kelly, coached by Bill and Donna Strauss, scored a 39.026 on vault, a 9.665 on bars, a 9.666 on beam and a 9.250 floor. Stuck had the highest score on vault with a 9.95, and her other scores included a 9.816 on bars, 9.65 on beam and a 9.135 on floor.

Karolyi's Elena Seles served as alternate for the U.S. in this competition.

Romania's Mihaela Pasca, the number two ranked gymnast on the Romanian team, made the trip to the U.S. but was scratched at the last minute due to an injury. Pasca finished fifth in the all-

A L L - A R O U N D S C O R E S

Place	Name	Team	Vault	Bar	Beam	Floor	A.R.
1	Kira Zmanskai	USA	9.620	9.616	9.666	9.666	39.215
2	Eugenia Popa	ROM	9.616	9.600	9.666	9.666	39.199
3	Hilary Givrich	USA	9.616	9.623	9.650	9.665	39.182
4	Shannon Miller	USA	9.730	9.666	9.650	9.665	39.182
5	Gabriela Agache	ROM	9.690	9.630	9.630	9.630	39.174
6	Isabela Lazarus	ROM	9.660	9.760	9.616	9.600	39.162
7	Christina Bordea	ROM	9.616	9.550	9.600	9.666	39.152
8	Kim String	USA	9.650	9.746	9.666	9.623	39.015
9	Lacremioara Filip	ROM	9.680	9.716	9.666	9.665	38.912
10	Maria Neculita	ROM	9.600	9.680	9.600	9.116	38.499
11	Kim Kelly	USA	9.628	9.680	9.666	9.200	38.497
12	Chelle Stuck	USA	9.650	9.616	9.600	9.123	38.348



rest tied for first on vault with a 9.95, scored a 9.765 on bars, a 9.633 on floor and only a 9.465 on beam because she touched her hands on her roundoff double back dismount.

Romania's Lacremioara Filip, 18, and Maria Neculita, 17, finished ninth and tenth. Filip was a member of the 1990 World Championships Romanian team and placed 15th in the all-around at this event. Neculita is an up-and-coming junior gymnast and recently placed fourth all-around at the Chania Cup.

Floor was a rough event for the Parkers' Kim Kelly and Karolyi's Chelle Stuck. Both gymnasts missed a pass and finished 11 and 12 in the all-around. It was an unfortunate mistake



around at the 1990 European Championships and tied for first on bars. This 16-year-old said, "My favorite gymnast is Betty Clarke [Immerhain Germany last November]."

Karolyi commented, "The competition was a good lesson for us. We still need to fight but we can realistically reach our goals."

He added, "In the 1991 World Championships, we'll be ahead of the Romanian Team."



Kim String, a newcomer to the international gymnastics scene, made a strong showing at this competition.

BY TRACEY CALLAHAN-MOLNAR

NEUMAN MEETS THE CHALLENGE

There was more up in the air than just hoops and ribbons at this year's Rhythmic Challenge! With the retirement of the 1990 Championships first and second place finishers, Tracey Lepore and Beth Ogden, it left things wide open for this competition.

Jacksonville, Florida's Christy Neuman was anxious to fill the gap and meet this year's challenge by performing consistently through each event to win the Challenge title. Neuman was competing as a senior for the first time in this competition.

Diane Simpson and Jennifer Lovell, who shared the 1990 ranking of first place in the overall standings with Lepore, relinquished their title but still maintained a position in the top five. Simpson tied for second in the all-around with Naomi Hewitt-Couture of New York, both scoring 45.50. Lovell scored 44.15 for fifth place overall.

Claiming fourth in the overall standings was Caroline Hunt who trains under Irina Vdovets at Illinois Rhythms. Hunt, who



Competing as a senior for the first time, Christy Neuman won the all-around title.

Courtesy of USA Gymnastics

celebrated her thirteenth birthday at this event, was the top junior competitor with an all-around score of 44.50. Hunt's best event was clubs, 9.15.

This competition was the first national rhythmic event in the U.S. where all five rhythmic apparatus were used. The addition of the fifth event was a decision made after the 1990 Goodwill Games as an effort to help our athletes maintain strength over all apparatus. Competing in five events is already a standard in many European countries.

Christy Neuman's routines were confidently executed and elegantly performed. Five feet, three inches tall Neuman was pleased with her performance. "My goal was to make the top three, but most of all I just really wanted to hit my routines," said Neuman. Feeling that her club routine was her strongest event at the competition, Neuman replied, "I always seem to do better under the pressure of a meet with my club routine!" That routine gave Neuman first place with a 9.30, the highest score awarded at the 1991 Rhythmic Challenge. Neuman was

pleased to have the competitive experience with the senior level athletes, especially since her goal is the 1992 Olympic Games in Barcelona. She trains at United Gymnastics Academy in Florida with coach Marisa Davidovich.

Training 30 plus hours a week, Hewitt-Couture has a unique workout schedule in that four days a week, training is from 5:00-8:00 a.m. and those early morning workouts paid off. Coached by Wendy Hifford at United Nations International School, Hewitt-Couture's competition was highlighted by her first place finish in the rope event, performed to a toe-tapping percussion piece. This 14-year-old's rope routine earned a 9.30. When asked about the choice of music for her routines, Hewitt-Couture replied, "The decisions about what music I use is made by both my coach and me; it is a joint decision."

Shane Simpson performed solid routines throughout and, in the process, placed first in both the hoop event scoring 9.15 and ribbon with a 9.25. Simpson, the veteran at age 21, commented after the first day of competition that although she



From Debbie Hoban

The national team members go sightseeing before the competition at the Colorado Springs Olympic Training Center.

had some lets on some of her Stanford elements, she felt she had met the new requirements established by the USASF with regards to the balance and power. Simpson, a 1988 Olympian, provides the national team with leadership and maturity.

Caroline Hunt felt best about her club performance. Not only is the clubs event Caroline's favorite, it in fact tied her for second place with Simpson, scoring a 9.15. When asked what Caroline's major strength was, she replied, "My low double lassos catch in my club routine. I really wanted to make that my trademark and I did!" Hunt commented that between now and Championships in May there would be some changes in her music so that it would better meet the requirements of tempo changes.

Although having some problems with consistency in her routines, Jennifer Lovell, 17, has an exciting sense that is present in each of her routines. Lovell, who trains at Illinois Rhythms with Inna Vidovets, covers the floor area with energy and animation. Performed to music with a

Latin theme, Lovell's strongest event was her ball routine where she tied for second with Hewitt-Couture with a 9.10.

The Civic Auditorium in Colorado Springs was an excellent facility for this second year event. The athletes gave the high ceilings and elevated seating for the audience a thumbs up approval!

This proves to be a beneficial competition for our national team members. It helps to fine tune their routines for international competitions as well as for the national championships in May.

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14 CREATIVE

WARM-UPS FOR PRESCHOOLERS

By Patti Komara

1. SAY YES AND NO WITH HEAD.

Ask the kids if they like gymnastics (especially if they'll move their heads up and down). Ask them if they like spinach (they'll probably shake their heads left to right). Have fun while you ask them a few foods or activities to warm up the neck area.

2. SAY "I DON'T KNOW" WITH YOUR SHOULDERS.

Ask them what they do when mom asks them why they haven't cleaned up their rooms. Bring shoulders by bringing shoulders to ears! This is to warm up the upper trapezius muscle.

3. FORWARD AND BACKWARD GIANT ARM CIRCLES.

Pretend you're in a big whirlwind. Your arms are trying to hold you steady. You're on the edge of a big boat. Don't fall off!

The beginning of any preschool gymnastics class is of utmost importance. Movement is music as a natural beginning along with some warm-up positions and exercises. How you begin the class sets the mood for the entire lesson. Since one of your goals in a preschool movement/gymnastics class should be fun, let's begin that way.

Kids love to use their imagination. Make your circle of carpet squares your "imagination station." Use some creativity with your basic positions and exercises such as listed in the movements below. Here is an example of a creative warm-up:



5. WASHING MACHINE.

Have arms extended out to sides and twist left to right. This is working on oblique muscle (sides of waist). Remember to lift the heels when twisting, so there's no torque on the knees.

6. BRIDGE.

"Let's say a little poem to help us remember hands by your hair, belly-button in the air."

7. POPCORN.

Start in squat position and step the floor alternately 1-2-3-POPCORN! Jump up high in the air. Repeat.

8. HOT FLOOR.

Continuous tuck jumps. "Are you bending like elephants or feathers?"

9. BUTTERFLY CATCHER.

Sit on the floor with the soles of the feet touching close in front of the body. Hands are holding the feet. "As our wings flip up and down and we're flying around, do you see the...oh, no—it's the butterfly catcher—get down!" And the kids pull in their heads to their feet. Then, ask the kids who else sees the butterfly catcher? They'll point somewhere up in the air and the catcher yells "Get down!" This is to stretch the adductor muscle (inner thigh area).

10. PEANUT BUTTER SANDWICHES.

Sit in a pile and "spread" peanut butter on the legs, jelly on the upper body and then smash it together. Change the sandwich and make it any ingredients the kids want (Ragagna, cheese, sandwiches, pizza, pickles—ask them!) This will gently warm up the hamstrings.

11. MOM'S PENCIL POINTS & DADDY'S FISH HOOKS.

As they're sitting in a pile have them point their toes like mom's pencil points and flex like daddy's fish hooks. Warming up the ankle area is important, but they also need to know what an extended foot feels like, so they understand when you tell them to point their toes.

12. ITSY-BITSY SPIDER.

- Sit in a scaddle. Make sure the preschoolers don't let their hips tilt forward and their knees point forward. Their knees should point straight up to the sky! Have the students walk their fingers down each leg by saying, "Itsy-bitsy spider walks down the leg today. Itsy-baby spider walks down the floor today" and walk the fingers forward between the legs.

13. SPLITS.

- When the children learn the splits, have them start in a kneeling position.
- Extend one leg straight out in front. "Make sure you keep your headlights (knee bones) straight forward." They should then slide the back leg back slowly until both legs are extended fully with toes pointed and the back knee facing down to the floor.

14. FORWARD ROLL AND TA-DA!

At the end of the warm-up we always practice landing with arms extended overhead and feet together. Have the children do a forward roll, land and say, "Ta-DA!"

Using these simple, but creative movements allows the children to learn how to warm up but have fun in the process. Along with the fun must come learning. Each class should encompass fun, learning and safety. The kids should leave with a good feeling about themselves. Successful classes like these will bring the students back time and time again.

Patti Roman has produced 21 videotapes concerning teaching techniques and business hints. For a complete explanation of all the tapes write: Patti's Gymnastics & Fitness Center, 1330 Joliet St., Ober, IN 46311 or call (219) 865-2271.



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TEAMS TO WATCH AT THE 1991 WORLD GYMNASTICS CHAMPIONSHIPS

Continued from page 6

fourth all-around at the 1989 World Championships and ninth at the 1990 World Cup. Mirela Pasca, seventh all-around at the 1990 World Cup, and Mirela Neculaea, ninth all-around at the 1990 European Championships

"How well will the unified Germanys measure up?"

Germany will enter the 1991 World Championships as a unified team for the first time since 1954. In terms of medal count, East Germany has a total of 77 medals in World Championships competition and West Germany has a total of five. With a total of 82 medals for both Germanys, they are number four, behind the Soviet Union, Japan and Czechoslovakia.

At the 1990 Reunification Competition, a unified Germany earned the silver medal behind the Soviet Union and in front of the U.S. The East German men placed second at the 1989 World Championships and fourth at the 1990 Goodwill Games, behind the Soviet Union, U.S. and China. The men's team should be a strong medal contender at the World Championships. Top competitors to watch are Rudi Booscher, Andreas Wecker and Jens Milbrett.

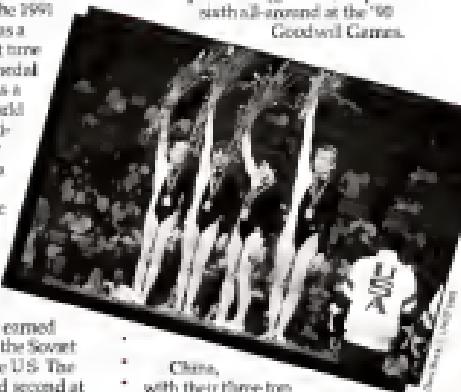
"How will the U.S. finish on their home turf?"

The U.S. women, who finished a close second behind the USSR at the Goodwill Games, upsetting China and Japan, should give the Soviets a run for their money. Especially with Kim Zmeskal and Betty Okora at the helm. The U.S. women finished fourth at both the 1988 Olympic Games and the 1989 World Championships.

The U.S. men tied for eighth at the 1989 World Championships and moved all the way to second at the 1990 Goodwill Games. With the great finish at the 1991 McDonald's American Cup competition, Trent Dennis

and Chris Waller placing first and second, the U.S. could be headed for a high finish in the team standings.

- "Who else will be top contenders?"
- China's men's team is strong, placing third at the '89 Worlds and the '90 Goodwill Games. Liuyao Cui is the top Chinese gymnast; he placed sixth all-around at the '90 Goodwill Games.



- China, with their three top women gymnasts—Yang Bo, Zhang Wenming and Li Li—a making a move. China's women placed third at both the '89 World Championships and the '90 Goodwill Games.

Watch for Hungary, Japan, Romania and Italy to be top contenders in the men's competition!

Hortense Csordi from Hungary is also an exciting one to watch and the Spanish women are moving to the forefront with their top gymnast, Eva Rueda.

- It should be an exciting competition and one of the most competitive ever. Look for some major upsets and a new team world ranking. The top 12 teams from the World Championships will qualify to compete in the 1992 Olympic Games.

- Above: The Soviet women's team earned top honors at the '90 Goodwill Games with the U.S. in second.

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1991 USGF CONGRESS

The 1991 USGF Congress will be conducted during the World Championships in Indianapolis. The format and design of the Congress will depart from the usual annual offering. The goal is to provide an educational and informative Congress that will complement enjoyment of the World Championships.

Dates

The 1991 Congress will be conducted Thursday-Saturday, September 12-14. These are the final days of World Championships competition. The "finals" of the Men's and Women's competitions are scheduled in the evening.

Times

In order for the participants to attend and enjoy the finals competition, Congress sessions will be conducted between 9:00 a.m. and 4:00 p.m.

Location

All Congress sessions will be conducted in the facilities Indiana Convention Center Hoosier Dome (ICCHD).

Sessions

Lecture/demonstration presentations covering a variety of

topics including: judging, technique, business, preschool, sport science etc. In contrast to previous Congresses, in 1991 there will be fewer sessions offered, but the length of the sessions will be extended.

USGF Awards Banquet

While it will not be possible to conduct the "typical" USGF Congress Awards Banquet in 1991, Congress participants will be able to attend the final World Championships Banquet Celebration that will be conducted at Union Station on Sunday evening (9/13).

Exhibitor's Hall

One of the highlights of the annual USGF Congress is the Exhibit Hall. Here, participants have the opportunity to see the latest in gymnastics equipment, supplies, apparel and services.

You have the opportunity to meet suppliers on a one-to-one basis to discuss your needs, order materials, and make purchases.

Sport Sciences

On Saturday September 14, the Congress will feature two meeting rooms devoted to providing gymnastics professionals with the latest in sport science information. These sessions are being coordinated by Dr. Bill Sanderson Dr. Jerry George. The theme is P.E.A.K. — "Performance Enhancement through Applied Knowledge."

FIG Symposium

As part of the World Championships, the International Federation of Gymnastics (FIG) will host Medical/Scientific Symposium (separate venue).

Cost/Registration

If you purchase any of the World Championship Ticket packages (Bronze, Silver or Gold), you may also enroll in Club 91 for only \$95.

Club 91 membership entitles you to FREE REGISTRATION for the 1991 USGF Congress.

- B. If you decide not to purchase Club 91 and still want to attend Congress, you may register using the Form BELOW:
 - Fee for Congress is \$90.00 if postmarked by August 1, 1991 (pro-members)
 - Fee is \$110.00 postmarked after August 1 (pro-members)

Accommodations

There is no designated USGF Congress host hotel. To reserve housing accommodations for the World Championships and the USGF Congress, you need to obtain a Housing Application from the WCC organizing committee.

Questions?

Ticket package inquiries, Club 91, and housing questions should be directed to:

1991 World Gymnastics Championships
101 W. Washington St., Suite 100,
Indianapolis, IN 46204
(317) 630-1891

Questions regarding the USGF Congress, Exhibit space, or the FIG Medical/Scientific Symposium should be directed to:

USGF Pan American Plaza, Suite
300 201 S. Capitol Avenue,
Indianapolis, IN 46225
(317) 237-8000

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ONE NAME PER REGISTRATION — NOTE: If you have enrolled in Club 91 you are already registered for Congress! You do not need to complete this form.

Registration Form

Mark Form 1. If you do not plan to enroll in Club 91, but still want to register for Congress
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McDONALD'S AMERICAN CUP

Continued from page 23

Canada's Stella Umeh rounded out the top eight.

Men's All-Around Finals

"This is incredible," said Dennis as he looked around the unimpeachable ranks of US gymnasts. "This hasn't happened in a long time."

Dennis, 20, scored 91.25 to win the McDonald's American Cup title, the first American to do so since 1987 when Brian Garsberg earned the title.

Dennis performed a new rings routine with a cross ring gain to score his highest score of the day, 9.85. Traditionally, one of his best events, high bar, turned out to be a problem when he fell from break after his Keween and overrotated his triple back dismount. However, his score of 9.40, along with his other scores—9.8 on floor, 9.70 on pommels, 9.70

on vault) and 9.80 on parallel bars, was enough to secure his all-around victory and prize money of \$5000.

Coach Ed Birch said, "It's really exciting for Tom to win this competition. It's good to see one of my gymnasts start out as a Class 4 and now become the McDonald's American Cup Champion. It's also good for the US men's program because by winning international competitions now, it will put us in medal contention for the 1993 World Championships. The hard work is starting to pay off."

Dennis can now add his name to the elite list of McDonald's American Cup winners which include Bart Conner, Kurt Thomas, Peter Vidmar, Tim Daggett and Brian Garsberg.

Chris Weller, became medalist from the 1990 Goodwill

Games, was also happy with the outcome. Weller's top score was a 9.90 when he stuck his double, double dismount and received a standing ovation for his high bar routine. He also had good performances on floor, 9.8, rings, 9.85 and parallel bars, 9.85.

Although Miguel Rubo is from Spain, he trains here in the US at Houston Baptist University under coach Billie Dvorak. This 24-year-old Barcelona native earned the bronze medal with a 9.75. Rubo has participated in four World Championships and five European Championships; experience is definitely on his side.

Canada's Curtis Hibbert scored 9.70 for fourth in the standings. Hibbert, 25, became the first black gymnast to win a medal at a World Championships or Olympic Games, when he earned the silver

medal on high bar at the 1987 World Championships. And, to no one's surprise, his top score of the competition was, again, high bar with a 9.80.

Despite losing his luggage and having to borrow competition attire from Ed Birch, Germany's Andreas Wecker placed fifth with a score of 9.60. Wecker, 26, is ranked number one on the United Germany's team. Unfortunately, Wecker started the competition on a bad note when he fell off pommel horse scoring a 9.15. He fought to remain in the top five, especially on rings where he scored a 9.75.

China's Ziao Liang placed ninth (9.40), the Soviet Union's Andrey Kan finished seventh (9.55) and Switzerland's Cecile Giubellini, who is just returning from hand surgery, took eighth in the all-around.

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NEW - #2194 - 1991 AMERICAN CUP, Orlando, FL 2/91. Competition, Zonefinals, Okano, Miller, Worley, Davies, Strong, Stach, Crandall, Egan, Okano, Shabotoff, Shabotoff, Tomber, Shabotoff, Program, Max, Ursch, I.A. 1291. -	\$12.95
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#1119 Price for USGF Pre-members. -	\$14.95
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#1003 Men's FIG Code of Points -	\$14.95
#1004 Men's J.O. Compulsory Test -	\$16.95

NEW - #2196 - Junior "B" Training Camp - 12/90, Indianapolis. Focus of the Camp was training the Jr. B testing elements (A-3,001) -	\$12.95
#2197 - JO USA/Canada Training Camp, August, 1990 (208) -	\$12.95

RHYTHMIC TAPES

1988 - 1989 Goodwill Games competition in Seattle, WA -	\$19.95
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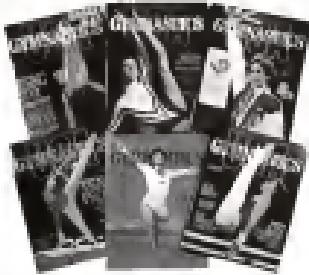
SCHEDULE

TELEVISED EVENTS

In each issue of USA Gymnastics, we will update you on the air dates and times of gymnastics events which have been reported to us by the respective networks. These air dates, based on Eastern Standard Time, are subject to change by the network without notice. Consult your local television guide for the exact date and time in your area.

Event	Location	Network	Event Date	Date	Time (EST)
World Professional Champ (M/W)	Fairfax, VA	ABC	May 11	May 11	4:00-6:00 pm
U.S. Champs. (M/W)	Cincinnati, OH	NBC	June 6-9 Olympic Showcases	June 15	2:00-6:00 pm
U.S. Olympic Festival (M/W/E)	Los Angeles, CA	ESPN	July 12-13	TBA	TBA
Pan American Games	Cuba	ABC	Aug. 3-10 (TBA)	TBA	TBA
Artistic World Champ. (M/W)	Indianapolis, IN	ABC	Sept. 7-15 Sept. 12 Sept. 13 Sept. 14 Sept. 15 Sept. 16 Sept. 17 Sept. 18	Jan. 1982	TBA TBA TBA 8:00-9:00 pm 4:00-5:00 pm TBA (2 hours) TBA (2 hours)
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MAY

- 3 World University Games Trials (W)
- 3-5 JO National Championships (M)
- 5 U.S. Rhythmic Championships (W)
- 4-5 JO National Championships - (M/W)
- 5-6 World Sports Fair (M/W)
- 10-12 Corkin Invitational (W)
- 11 FIG WORLD PRICE CHAMPS (M/W)
- 11-12 JO National Championships - (M/W)
- 11-13 Jr. European Championships (M/W)
- 18 U.S. Class A Nationals (W)
- 18-19 St. Louis (M)
- 21-23 Brother Cup (W)
- 23-26 Puerto Rico Cup (W)
- 26-Jun 1 Rotuma Games Prox Australia (W/E)

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JUNE

- 4-9 U.S. Championships (M/W)
- 8 East/West JO Competition (W)
- 13-25 JO National Training Camp (W)
- 14-16 Inf'l Worlds Best Competition (W)
- 14-16 Education Workshop
- 17-19 Jr. B Training Camp (W)
- 23-29 Regional Development Camp (M)

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JULY

- 17-18 JO-Age Group Nat. Develop Camp (W)
- 18-21 U.S. Olympic Festival (M/W/ED)
- 18-25 World University Games (M/W/E)
- 19-20 FIG Gymnastics (M/W/ED)
- 20-26 Spec. Olymp. Summer Inv'l Games (M/W/ED) Minneapolis, MN
- 21-25 Class I & II Development Camp (M)
- 25-28 Joaquin Blume/Pri-Olympic Event (M/W/ED) Barcelona, ESP
- 27-Aug 1) National Team Camp (M)

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AUGUST

- 1-3 Pan American Games (Artistic - M/W)
- 2-4 North Rim Prior (W)
- 10-18 Pan American Games (Rhythmic)
- 15-20 JO Training Camp (W)
- 22 Sept. 1989 Training Camp (M) & RGC Symp
- 23-31 World Championships Team Trials (W)

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SEPTEMBER

- 6-15 Artistic World Championships (M/W)
- 12-14 USGF North Congress/FIG Scientific Symp
- 19-22 1989 August Fest of World (W)
- 23-29 Inf'1 Jr. Gymnastics Competition (M/W)
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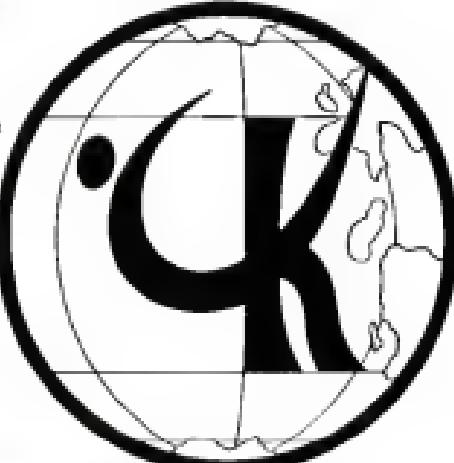
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17 OLYMPIANS, 6 PAN AMERICANS, 52 NATIONAL CHAMPIONS,
12 WORLD CHAMPIONSHIPS MEMBERS, 11 USA AA CHAMPIONS

NAAG, 143 W. 12th

Eugene, OR 97401

(503) 344-2000, 344-2001

Two 4-Week Sessions

One 8-Week Session

June 24 thru August 11

REGISTRATION:

Mail the registration form below and a check for the required amount to secure a spot in the camp. Additional information and registration forms will be sent to complete the application process.

1991 NAAG SUMMER CAMP APPLICATION

Please reserve my place for Full Session - June 24-August 18
 First Session June 24-July 19 Second Session July 29-August 18 1991-92 competitive level: 5 6 7 8 9 10 Elite HS

Name _____ age _____ birthdate / /

Address (street) _____ (city) _____ (state) _____ (zip) _____

Home phone () _____ Day phone (x) () _____

Club name _____ Coach _____ Years in gymnastics _____

Please send additional complete camp information packets _____ QUANTITY _____

Tshirt size CHILD S M L XL
ADULT S M L XL

Enclosed is my \$30 registration fee and \$300 camp deposit

Total due \$400

Enclosed is my \$30 registration fee and complete camp fee

Amount enclosed \$ _____

PLEASE MAKE CHECK PAYABLE TO: NAAG SUMMER CAMP

Roommate preference: _____

I hereby register my child for the NAAG Summer Camp and authorize the Academy staff to coach and supervise her in the program. I certify she is physically, medically and emotionally able to participate in camp activities in a safe manner and I authorize the Academy staff to seek medical treatment necessary in case of illness or injury. I understand that my child may have her picture taken and used in Academy materials. I have enclosed a non-refundable registration fee and understand that my deposit is non-refundable if my child cancels 30 days or less before the first day of camp unless there is a serious illness or injury.

Signature of parent or legal guardian

Date

PURPOSE:

The National Academy of Artistic Gymnastics spends its program to the gymnastics community each summer to allow other serious gymnasts a chance to spend four to eight weeks training with two of the USA National Team coaches, Dick and Linda Muirhill. The gymnasts will learn new skills and progressions, and perfect old ones, safety in the Academy system that has produced 16 Olympians and 10 USA National All-Around Champions.

LOCATION:

The sister cities of Eugene/Springfield, Oregon are often referred to as the "Gymnastics Capital of the USA." Located in the southern end of the beautiful Willamette Valley, it is a one hour drive from the Oregon coast or the Cascade Mountains. Summertime high temperatures range around 80° with generally clear and sunny skies and low humidity.



Facility:

The Academy is one of the best gymnastics centers in the USA. It is covered wall to wall with mats for safety and equipped with the finest equipment. All events have foam pits for learning new skills safely and spotting belts are available if needed. No expense is spared to provide the ultimate gymnast training environment.

16 Balance beams
9 Sets of bars
7 Trampolines
Spring Floor

Tumbling area (Spring Floor)
Vaulting runway
Double mini tramp vaulting
Foam pits (all apparatus)

Spotting belts
Weight training room
Therapy room
Dance

HOUSING:

Gymnasts live with local families, many of whom have children attending the Academy. Most families have hosted athletes for years and are chosen for their moral, ethical values and desire to offer out of state visitors a positive Oregon experience. Gymnasts are assigned in groups of two or more and roommates can be requested. Religious preferences are honored and arrangements can be made for church.

Room board and transportation (to and from the gym) are provided. Campers pay for their own personal items and recreation (about \$15-\$20 a week). The host family will contact you with all details.

COST OF CAMP

Gymnasts select a four or eight week session. Priority is given to eight week campers.

FULL SESSION (eight weeks)

June 24-August 18	
Tuition	\$1200
Room & board	\$60
Registration fee	\$50
	\$1310

FIRST SESSION (four weeks)

June 24-July 19

SECOND SESSION (four weeks)

July 29-August 18

Tuition	\$700
Room & board	\$25
Registration fee	\$50

\$1025

RECREATION ACTIVITIES:

The area is one of the top recreation and athletic communities in the country. Gymnasts are encouraged to bring clothing and sporting equipment and participate in these activities. Available are rock climbing, boating, boating, sailing, swimming, hiking, climbing, bicycling, jogging trails, golf, and tennis, just to name a few choices. Trips are organized each week by the Academy, host families, and the Fellowship of Christian Athletes.

The community also offers five major shopping malls, 10 theaters, 10 museums, a center for the performing arts, art galleries, fairs, festivals and many other activities all summer long.

AUDITIONS:

The Academy is a private school and each year accepts gymnasts onto its National Team who are Level 7 or higher. Gymnasts are chosen during auditions at camp. Once accepted, starting in year-round at the gym, they train half days and go to school half days. Over the last 15 years every graduate has received a full college scholarship.

ELIGIBILITY:

All female gymnasts nine years or older and working out at any competitive level are welcome. Campers are grouped within ability groups upon arrival.

NAAG SUMMER CAMP

"The Most Comprehensive Artistic Gymnastics Camp in the USA"

WELCOME TO THE NATIONAL ACADEMY...

Dick and Linda Muirhill invite you to spend your summer and train under the staff of the National Academy and experience the system that has produced the winningest program in the USA. Over the last eighteen years Academy gymnasts have won over 1000 individual state, regional and national championships. The Academy attracts gymnasts from all over the world and has trained girls from 20 foreign countries and almost every state.

The National Academy Camp is a unique because it offers the serious gymnast a chance to train for not one or two weeks, but four to eight weeks with the same coaches who train the Academy's elite athletes. The Academy does not have "summer only staff" who are not familiar with the progression, teaching methods and safety methods of the Academy system. The Academy staff works with each gymnast in an extended time period that allows for tremendous improvement. They learn new optional skills, perfect routines, develop dance and flexibility, and improve strength through weight lifting and conditioning.

DEAR MARY LOU,

Have you ever had one or two of those days where you couldn't do anything, including tricks that are so easy that you normally could? If so, why?

Janice Hwang,
Clayton Hill, NJ

Dear Janice,

Yes, I think everyone has one of those days where nothing goes right. And, truthfully, I can't explain why. I would just try my best and never give up. Maybe your body is tired because you didn't get enough sleep.



DEAR MARY LOU,

- When you were training at Karoly's with Bela, what did you have to do when you fell off the beam in a meet?
- What did Bela do when you fell off the beam in a meet?
- How did you get so you weren't nervous in a meet?

Kara Kaseff
East Grand Forks, MN

Dear Kara,

- When we fell off beam in a meet we didn't have to do anything at the time, but we worked harder on that skill the next week. Everyone gets nervous in meets. It's human! Use that energy in a positive way, not a negative way. Use that energy to make your leaps higher and skills better instead of being nervous and shaky.

- Left: Phoebe Mills, Kim Zmanskal and Mary Lou Retton pictured here at practice before the 1990 Tour of Champions.

DEAR MARY LOU,

Few a level 6 gymnast. I've been in gymnastics since I was 5 years old. How old were you when started and how old were you when you were in the Olympics? Do you miss competing?

Melissa Paisley
Aurora, Nebraska

Dear Melissa,

I was seven years old when I started gymnastics. I was 16 when I competed in the Olympics! Yes, I sometimes miss competing.



#3

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Designed for your children's comfort. Single fingergrips with velcro fastener.

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1) Flex Mini Grip	\$1.99
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4) High Bar Grip without Dowel	\$4.99
5) High Bar Grip w/Dowel	\$5.99
6) Bar Grip without Dowel	\$6.99
7) Beginner Dowel Grips	\$6.99
8) Beginner Dowel Grip	\$6.99
9) Girls Bar Grip	\$7.99
10) Boys Ring Grip Small Dowel	\$7.99
11) Boys Ring Grip Large Dowel	\$7.99
12) Wooden Parallel	\$8.99

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275 RICH VALLEY ROAD
CARLISLE, PA 17013
(717) 693-3197
FAX (717) 697-2396



#3

All prices temporary prices as of May 1990. Prices subject to change. Please call 717-693-3197 or FAX 717-697-2396 for current prices.

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Sample sizes:
1/2" to 1" (13mm)
1" to 1 1/2" (38mm)
1 1/2" to 2" (48mm)
2" to 2 1/2" (64mm)
2 1/2" to 3" (76mm)
3" to 3 1/2" (90mm)

Dimensions:
Width: 1/2" to 1" (13mm)
Length: 1" to 1 1/2" (38mm)
1 1/2" to 2" (48mm)
2" to 2 1/2" (64mm)
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U S A G Y M N A S T I C S

'91 U.S. GYMNASTICS CHAMPIONSHIPS

Presented by KROGER



**June 6-9, 1991
Shoemaker Center
Univ. of Cincinnati**

Ticket Information

Thursday, June 6th (\$10.00 All day)
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7:00 p.m. St. Men's Compulsories

Friday, June 7th (\$10.00 All day)
2:00 p.m. Jr. Men's & Women's Options
7:00 p.m. St. Women's Compulsories

Saturday, June 8th
2:00 p.m. St. Men's Options \$12.00/\$10.00
4:00 p.m. St. Women's Options \$12.00/\$10.00

Sunday, June 9th
2:00 p.m. Men's & Women's Individual Event
Finals \$14.00/\$12.00
All Session Package (\$48.00)

Individual session tickets go on sale
April 1 at the Shoemaker Center box
office and at Ticketon outlets. To
charge by phone call Ticketon Phone
Charge:

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All Session Packages are available
prior to April 1 by writing to:
Cincinnati Gymnastics
Organizing Committee
P.O. Box 9437
Cincinnati, OH 45236



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POSITION AVAILABLE

Gymnastics Coach wanted. Full time position available for young enthusiastic coach. The Berkley School is a small private boys school with grades K-9 and has a modern fully-equipped complex with four gymnasiums one open air area for gymnastics in which you will find all necessary equipment for boys gymnastics. The Berkley School has dominate the gymnastics scene New York City since 1976. The school wants to continue that tradition. Send resume to: P.O. Box 2001 at the Berkley School 113 East 70th St., New York, N.Y. 10021 or call (212) 639-8787.

KUTTER'S SPORTS ACADEMY/GYMNASTICS Gymnastic coach/volunteer/gymnastic instructor/instructors. Beginner-adv. level, part-time or full-time, 75 miles NYC. Contact: Kutter's Sports Academy, 20 Seaview Lane, Westport, CT 06880 (203) 261-0260.

COACHING POSITION Come to St. Louis. Work in well established program without full facilities. Five competitive teams. Levels 5-10. Positions involve Head Coach Level 5 & 6, Assistant Coach Levels 7-10, along with teaching/gymnastics assessment of recreational classes and team administration. Have produced numerous State Champion day teams over past three years and moving into regional sections. Looking for either advanced spot training or advanced floor/bars experience. Salary/Benefits negotiable. Send resume to: KUTTER'S GYMNASTICS, 1980 Rehman Hall St. Louis, MO 63111 or call (314) 561-1179.

The United States Olympic Committee is now accepting applications from qualified students for internship positions for the 1990 Fall Semester in the areas of broadcasting, finance, journalism, educational relations, legal affairs, public relations/marketing, fund raising, sports administration and sports science. The internship areas are at Colorado Springs, Colorado. To be eligible for the USOC internship program, individuals must be enrolled in an undergraduate or graduate degree program during the 1990 Fall Semester. To receive an application packet write: Jim Schaeffer, Intern Coordinator, US Olympic Committee, 1700 East Boulder St., Colorado Springs CO 80903-2206. The deadline for fall applications is June 15.

Full time positions available American Gymnastics of Boca is looking for an assistant coach for girls' competitive teams and also looking for preschool and recreational class instructors. New York City-area preferred, state-of-the-art facility with over 1,200 students. Two full time positions available with benefits. Call (305) 739-1431-88-Hour and resume to 8999 Glades Rd., Boca Raton, FL 33486.

GYMNASICS PROGRAM DIRECTOR: Direct all levels of gymnastics, pre-tacted through competitive levels. Supervise/charge staff. Facility include indoor 6,250 sq ft gym under construction this summer. Immediate opening. Send resume to: Vicki Neibor, Physical Education Director, 5611 South Broadwood, Herndon, Virginia 20030.

GYMNASICS DIRECTOR POSITION: City run gymnasias program, located on the beautiful San Francisco Bay Peninsula. Includes top flight & enthusiastic GYMNASICS DIRECTORS. Supervise and monitor fleet growing 800+ students preschool thru competitive program. BA, preferred with ability to coach/coach through Level 10. Must have strong self training/development background. Responsible for all phases of planning, developmental training, education, evaluation, safety, maintenance and development. Salary-\$40,000 to \$41,000 plus 10% annual bonus. Attractive benefits package includes: 11 days vac, 10 paid holidays, life & medical ins., dental, flex plan and full paid PERS retirement program. Send resume to: Personnel Dept., 1/600 One Castro, Menlo Park, Calif. 94035. For further information, phone Dick Austin at (415) 858-3481.

GYMNASICS INSTRUCTOR/COACHES—to work in a rapidly growing gymnasias center in Charlotte, North Carolina. Should be energetic, love children, and willing to assist with girl/boy or boys programs from preschool thru competitive levels. Full time and part time positions available. Salary/Benefits commensurate with experience—benefits included. Contact: American Gold Gymnastics, 3001 19th Ave. S., Peoria, IL 61613. (309) 250-6002.

New ultra modern gymnasias training center seeking gymnastics/coach to work with all levels of groups, classes, teams, training squads, both boys and girls. Prefer

modest experience individual with latent energy. BA preferred. Salary negotiable. Full medical benefit plan vacation available. For more information contact Jonathan at Schuler's School of Gymnastics, 1980 Princeton Ave., Fairmont Station, NJ 07022 (201) 792-0825.

GYMNASICS COACHES NEEDED

Our rapidly growing, well established program is looking for the right person(s) to coach recreational program and successful developmental/competitive programs. GYMNASICS DIRECTOR: The right person should have lots of enthusiasm, positive and be willing to become part of our team. Great 12,000 square foot facility with large equipment room. Excellent salary commensurate with experience, insurance, paid vacation, supportive staff and owners. Pleasant opportunity! Other great writers: Contact George Gruener, North Shore Academy of Gymnastics, P.O. Box 622, Cedarburg, WI 53012 or call 414-979-0630.

Full-time and part-time contract, covering and teaching positions available for men and women in Daly City, CA or Menlo Park, CA. New facility opening, rapid expansion planned for our next 200 strong coed program. Experience and willing to grow with a new program. Send resume to: Charles Bentham at Daly City Parks and Recreation, 111 Lake Merritt Blvd., Daly City, CA 94015. Phone (415) 925-8025.

COMPETITIVE PROGRAM DIRECTOR needed for young, nationally involved women's Inter-Regionals, energetic program managers working with young gymnasts in a well-supported program. Levels I through elite. Facilities to cheer & practice 30,000 sq ft. Training with a large grassy park. Salary commensurate with experience—benefits included. Contact: American Gold Gymnastics, 3001 19th Ave. S., Peoria, IL 61613. (309) 250-6002.

ASSISTANT GIRLS TEAM POSITION AVAILABLE Competitive through optional levels. Salary negotiable. Contact Rhonda Martin, 16 Locust St., Pensacola, FL 32501-2206 or (850) 434-0793.

FOR SALE

SCOREMASTER—a very unique system to meet management needs. SCOREMASTER provides

individual and team results for compulsory and optional events. This system is used in over 30 states and the local section, state, regional, national and international levels. Graph and report team & individual scores over an entire session. This menu-driven system comes with an on-line tutorial and complete documentation. For more information: White Systems, 1112 Long Lane Lane, Charlotte, NC, 28204, (704) 565-2644.

CLASMASTER is a very easy-to-use class management & accounts receivable system. CLASMASTER handles such as registration, class rosters, schedules, enrollment, attendance, meal analysis, make-ups, waiting lists, payments, deposit slips, late fees, tuition billing and mailing labels. CLASMASTER is a full-down management system, is password secured and connects via a private network, complete documentation and a 90 day money-back guarantee. For more information: Mahaley Systems, 1112 Long Lane Lane, Charlotte, NC, 28204, (704) 565-2644.

GYMNASTICS PROGRAM DIRECTOR: Imagine yourself performing to your favorite song with several cliches and arrangements composed EXCLUSIVELY FOR YOU! That same nobody will be performing the same song. Bring OUTSTANDING ORIGINALITY. We'll work with your coach to build, twist, and flip the moves to your moves with our "video-clock process." You and the move will perform simultaneously AND SONG: rhythmic changes, singing, movement, any segment stretched or shortened to any length. **PROFESSIONAL EXPERIENCE:** National Singing Award "N.Y. Radio Award," Award "N.Y. Radio Award," "Recorded 10-12 songs for major record companies," Jingles for Honda, N.Y. Mrs. Ford, GM and more. **REASONABLE COST OF OUR GYMNASICS CUSTOMERS:** Available upon request. Payment by 10% down, **CREDITCARDS**, **ACCEPTED**. Call or write for details. MarketTunes, 106 Lyndook Rd., Atlantic Beach, NY 11725. (516) 699-5479.

Competitive Dancer: (M) Are your tumbling skills there but still missing something? Maybe is your choreography? We offer professional choreography at very reasonable prices. We will make your fit and beautiful. Contact us immediately. We offer nationwide availability for all level gymnasts. **TEAM DISCOUNTS.** Don't waste time constructing you

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Join while your garments are losing their shape. Excellent interview. For information call or write: GYMNASTIC DANCE LTD., 5200 Meadowview Suite 100, Dallas, Texas 75248 (214)499-0714.

FOR SALE \$7,000 sq ft gym club located in New England. Large and growing preschool, preschool, and dance programs. Established team. 7+ years of experience in sparkling, new facility specifically built for gymnasts. For information write to J. Sheldren, 33 Eastman Dr., Wethersfield, CT 06519 or call (203)423-2808.

GYMNASIUM SCHOOL FOR SALE Gymnastics program in upstate New York. Very strong recreational program and teams levels 6 & 7. Newly added preschool program in progress. International potential holding it with Olympic women's equipment. For information call (914)336-6803.

"PROFITABLE" GYMNASIUM CLUB FOR SALE Dynamic opportunity! Prime location, beautiful Sonoma County, California. Owner retiring after 18 years. Fully-equipped, 40+ students. Recreational emphasis. Assume lease. Price to sell. Contact Broker 01628463799.

SEEKING EMPLOYMENT

Georgy Atanassov Mitevlyev, member of the Bulgarian National Team is the latest and early 70's in seeking employment in the U.S. If you're interested contact him directly at Ulitsa Kudri Varya 48, Sofia, 1000, Bulgaria.

Ivan Grigorov, assistant coach of the Bulgarian National Team since 1976, seeks employment in the U.S. His 10+ years international coaching experience can be seen in his book "Volley Games," (booklet) via Dapp 40, 1300 Sofia, Bulgaria.

Allora Kiesel teaches gymnastics in Germany. Looking for position in the U.S. High 3 and not married. Contact him at Eickendorferstrasse 14, 4010 Dusseldorf, Germany.

CAMP%

Rhythmic Summer Camp 1991
Directed by Andrea Bassi (USA)
Certified USF Judge Trained at
Hampshire College in Amherst,
Massachusetts. The camp features
training and teaching with and by

internationally known figures in
the World of Gymnastics and
Dance. Level—Beginners to Elite
gymnasts, coaches, judges and
teachers. Coaches Seminar—com-
munity course, basic thru elite, in
rhythmic gymnastics—July 5-7.
First ever USCF Judging Course
and Test, all levels July 6-7. Full
week of Rhythmic Gymnastics,
Ballet and Jazz July 7-13. Note
Class II, III, and IV Competitions
will be taught at this camp. For
information and reservations call
or write today to: Academie Bassi of
a Rhythmist, Inc., 51-15 Van
Kirkas St., Apt. 3C, Tuxedo, NY
10593. (914)794-1859.

North Carolina Summer Gym-
nastics Camp, Waynada's Gym-
nastics, Inc., 807 Monroe Road,
Charlotte, NC 28217 (704)546-
6277 Head Clinician Linda
Papewich (Master of Sport 1980),
also National Rhythmic Coach
Camp Dates: June 20-29, 1991 thru
July 4, 1991 Camp Cost \$15.00
Registration deposit \$75.00 Entry
Deadline: June 1, 1991 Contact
Person: Dan Papewich, Camp Ad-
ministrator or Eric Stager, Camp
Director.

A.C.T.C. Camp—June 10-Aug-
ust 11th, 1991 one week sessions.
Located in Eugene Oregon.
Based on 1989 & '90 National team
member Chen Bright. Fun filled
activities for competitive gymnast
7 years and older! Enjoy air bounc-
ing floor, safety pads, overhead
spinning gear, and manipulatives of
all types in high quality gymnasium
complex! Additional exciting out-
door activities: water skiing,
swimming, rock slides, hiking,
camping, and river rafting. For
applications write or call collect
A.C.T.C. Camp 503-344-1664 1991
McMinnville, Oregon, OR 97148
Coaches may attend. Free Group
meals are available.

CONSULTING

The MOBILE Gym Consultants
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nastics, Dance, or Movement
Business on Wheels. We have 15
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This business is recommended for
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of children and young. Dates: 7/1,
Conventions of Early Childhood
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information or write: The Mobile
Gym, 420 Miller St. S., Salem, OR
97302 (503)552-6512.

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CAMP

Experience the fun
of learning
in the snow capped,
sunny Colorado Rockies.



- Free instruction from across Estes Park
- Individual programs available for all levels of
gymnastics & dance — ages 7 and up
- Supervised free time and evening programs including
horseback riding, miniature golf, swimming, boating,
go carts, etc.
- Safety certified, adult staff, small teacher-pupil ratio
- Enhance your personal style with international level
staff featuring Gina Foyar, choreographer to
Olympians, Neisha, Mary Lou, Phelps and many more

FOR ADDITIONAL INFORMATION

CALL OR WRITE

G.K.'s Gymnastics
4211 South Mason
Ft. Collins, CO 80525
(303) 226-0306

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KRISTIN CAPASSO

Randolph, Massachusetts

Kristin, 12, trains at the Academy of Gymnastics and is coached by Paul Jung. She won the level 7 Massachusetts State Meet in March of 1990. At this year's State Meet, Kristin competed as a level 8 and earned the bronze medal on balance beam.



TOM JONES

Concord, Indiana

Tom, 11, is a three-time Indiana State Champion—twice as a class 4 and once as a class 2. Tom trained for five years at Gymnastix in Allentown, Pa., however, since his family moved to Indiana, he's training at the USAC National Training Center with Hayes Marquardt and Brendan Price. Tom will be involved in the USAC National Training Program this Fall.



JOSH STEIN

Houston, Texas

Josh is an 18-year-old Valedictorian at Alexander Smith Academy. Josh was on the Junior National Team in 1988, a member of the Senior Minnesota Games Team in 1989, and is currently on the Junior Elite National Team. Josh earned a silver medal on floor at the '90 Olympic Festival. He trains at the Cypress Factory in Houston, Texas.

Each issue of USA Gymnastics will feature several individuals who have excelled in gymnastics, either by competition, coaching or some other way. If you, or someone that you know, has achieved an accomplishment in the sport of gymnastics, write two or three sentences about the person and include a recent photograph, quality black and white or color, showing only the candidate (School or club photo would be perfect).

Send to USA Gymnastics, Full American Plaza, 201 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225.

HEADLINES

Jan/Feb issue	Nov 15
Mar/April issue	Jan 15
May/June issue	Mar 15
July/Aug. issue	May 15
Sep/Oct. issue	July 15
Nov/Dec. issue	Sept 15

Elite Expressions

When you practice
to be the best,
your music should be too.

Choose one of our outstanding
demo selections or we will produce
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OUR MUSIC IS QUITE SIMPLY . . .
THE BEST.

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In responding to the ankle pain, the NASSAR SYSTEM functions similar to many heel supports. However, it corrects where the ankle does not swing or rotate in an arc—a defect often associated with heel injuries and leading with the heel prior to toeing off and in particularly difficult situations involving turns and cuts. If the greatest need is to control ankle rotation, the ankle is tied rigid and the NASSAR SYSTEM is applied over the top.

The NASSAR SYSTEM has been used by members of the US Senior men and women's Olympic gymnastic teams. It is currently being used by track & field athletes throughout the US states and internationally.

Since the NASSAR SYSTEM is a new product for gymnasts, there is no day money back guarantee. The gymnast can try the supports, see if they like them, and return after a full refund if they feel it is not beneficial.

If you require further information including how to order, price, and what size to order, call 1-800-333-3333.

14 DAY MONEY BACK GUARANTEE
Gymnast can try them
and return after a full refund if they feel it is not beneficial.

Pricing and shipping charges apply to all purchases
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Overseas shipping extra.

Contact us for information about the new, also
available, heel supports for males or 11-14 year old.

Additional services: 100% COTTON, 100%
COTTON Diaper Cloth
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U.S. GYMNASTICS

COLLECTION

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100% cotton. Size Youth Large.
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SAFETY CERTIFICATION

Scheduled Courses

Saturday & Sunday, May 18-19, 1991

"Huntington Beach, CA

Site/Tutor: TBA

Course Dir.: Steve Whelock (317) 237-5050

This course will be conducted in conjunction with the USG Class: National

Saturday, June 1, 1991

"Indianapolis, IN - 10:00am-4:00pm

USCF Gymnastics Training Ctr.

6835 Midland Ct., Indianapolis, IN 46256

(317) 541-1101

Course Dir.: Dave Moskowitz

(317) 237-5050

Sunday, June 2, 1991

"Paramus, NJ - 10:00am-4:00pm

Course Dir.: Cathy Piskel (201) 586-1828

Saturday, June 9, 1991

"Cincinnati, OH - 8:30am-1:30pm

Omni Northfield Plaza Hotel, 35 W. 5th St., Cincinnati, OH 45202 (513) 421-4100

Course Dir.: Bobbi Montman (614) 857-1279

This course will be conducted in conjunction with the USG Gymnastics Championships

Thursday, June 13, 1991

"Indianapolis, IN - 10:00-11:00pm

Site: TBA

Course Dir.: Steve Whelock (317) 237-5050

This course will be held in conjunction with the USGF Gymnastics "Instructors' Workshop"

Saturday, June 21, 1991

"Woodward, PA - 10:00am-5:00pm

P.O. Box 93 Rt. 45, Woodward, PA 16603

(814) 349-5633

Course Dir.: Bobbi Montman (614) 857-1279

Sunday, July 14, 1991

"Springfield, MA - 10:00 am-5:00 pm

Springfield College,

Physical Education Complex,

Course Dir.: Robert Beach (210) 397-4485

Local Contact: Steve Posner (413) 739-5629

This course will be conducted in conjunction with "Technique Gymnastics Camp Coaches' Clinic"

Thursday, August 1, 1991

"Indianapolis, IN - 4:30-10:00pm

Site: TBA

Course Dir.: Steve Whelock (317) 237-5050

This course will be held in conjunction with the USGF "Practical Instructors' Workshop"

"Colorado Springs, CO - 4:00-10:00pm

U.S. Olympic Training Center, 1775 E. Boulder St., Colorado Springs, CO 80903

Course Dir.: Dave Moskowitz

(317) 237-5050

Local Contact: Ron Brant (719) 578-4500

This course will be held in conjunction with the USGF Boys' Instruction Workshop

Friday, August 2, 1991

"Toledo, OH

Toledo Bluffs, 3230 Glen Dale Ave.,

Toledo, OH 43614 (419) 511-6800

Course Dir.: Bobbi Montman

(614) 857-1279

Local Contact: Martha Miller

(614) 834-2816

This course will be held in conjunction with the Great Lakes YMCA Gymnastics Clinic

Saturday, August 3, 1991

"Stroudsburg, PA - 10:00am-5:00pm

International Gymnastics Camp,

Colden Sliper Rd., Stroudsburg, PA

18364 (717) 629-0344

Course Dir.: Gerald George (319) 988-0220

Thursday, August 8, 1991

" Ft. Worth, TX - 4:00-8:00pm

Site: TBA

Course Dir.: Steve Whelock (317) 237-5050

Local Contact: Jerry Milan (317) 237-5180

This course will be held in conjunction with the USGF "Practical Instructors' Workshop"

Saturday, August 31, 1991

"Colorado Springs, CO - 8:00am-2:00pm

U.S. Olympic Training Center, 1775 E. Boulder St., Colorado Springs, CO 80903

Course Dir.: Dave Moskowitz

(317) 237-5050

Local Contact: Ron Brant (719) 578-4500

This course will be held in conjunction with the USGF/ASG Coach/Judge's Symposium

Sunday, September 22, 1991

"Rockaway, NJ - 10:00am-6:00pm

GANJ, Rockaway, NJ (201) 636-9866

Course Dir.: Cathy Piskel (201) 586-1828

*These courses are considered USGF National Courses, and therefore the participants will be charged the group rate of \$10-20 per person.

1. The test book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This test/reference material is to be purchased and studied prior to course participation.

2. The course will take approximately six hours, including the test.

3. Certification is good for four years.

4. The Course fee is \$10.00. USG Members and second cycle participants receive \$7.00. Rates over \$25.00

For groups of at least 5, contact the USGF Department of Safety and Education (201) 570-0300

Participation Registration Form

Name: Mr./Mrs./Ms. _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone, (ID): _____ (____)

Course Director: _____

Course Location: _____ Date: _____

Organization Represented: _____

If USGF Member, List Type and Number: _____

Form of Payment: Check Visa Mastercard

Name on Card: _____ Number: _____

Expiration Date: _____ Signature: _____

Please make checks payable in full to USGF SAFETY CERTIFICATION Mail Registration Form and Payment to Inspector Course Contact

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Also, L-Carnitine is added to assist your muscles in efficiently processing fat for energy during long workouts. Carnitine is found in all muscle tissue, and acts as a transporter of fat.

RECOVERY

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